

JANUARY 2020 | VOL. 2

Your HR Connection

Newsletter of the Maine Bureau of Human Resources

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The HR Radar

FROM THE DIRECTOR'S DESK:

It's 2020: the beginning of a decade; Maine's 200th birthday; the Decennial Census; and an exciting year for Maine's Human Resources community. I hope you enjoy reading our winter newsletter. Click the link for Workday—it's almost here; sign up for valuable health benefits—free to Anthem subscribers; shape your community—be counted in the 2020 Census; celebrate Maine—attend a lecture or a hike; meet Meghan—become a Feature Friday internet sensation; donate blood—and save a life. Breathe in the brisk winter air of this new year. Relax. We are here for all your HR needs. Be well, and be kind.

- Breena D. Bissell, Director, BHR

WORKDAY TRAININGS



Did you know that Workday Maine will allow you to change your personal information? You will be able to change your address, phone number, emergency contact info and more all in one place without any forms! Learn how to do this at www.maine.gov/workday/training/employee-training

Workday trainings for Human Resources begin this month (January)!

Visit the Workday website for training documents and any questions you may have.

<http://www.maine.gov/workday/>

MEET MEGHAN!

Meghan Jellison is BHR's newest team member in the Talent Management Division! After graduating from the University of Southern Maine with a degree in Communication and Media, Meghan started working with Girl Scouts of Maine to recruit new members — both girls and adults. Her first day at BHR was December 16th and she is excited to share her marketing and recruitment experience with the State of Maine.



HEALTH & BENEFITS

Get help around the clock!



With **LiveHealth Online**, you have access to video visits with Anthem network doctors and mental health providers who are available 24/7 and no appointment necessary for FREE. Just go to livehealthonline.com or download the free mobile app to register.

Contact your **personal healthcare assistant** through Grand Rounds at anytime of day or night by phone, mobile and desktop and tell an expert about your or your dependent's condition! They offer personalized support in dealing with complex health issues, including deciphering billing, coordinating care and appointments, and clinical experts to help you find the best in-network doctor for your needs and much more!



WELLNESS

- **New Year's Day Hikes** were encouraged by Maine State Parks to promote healthy lifestyles through the America's State Parks First Day Hikes program, and offered a great activity to kick off the new decade! These hikes took place on January 1st at Bradbury Mountain State Park, Holbrook Island Sanctuary, Lake St. George State Park, Lily Bay State Park and Wolfe's Neck Woods State Park.
- **A Blood Drive**, put on by the Office of Workers' Compensation, will take place on February 11th from 9:00 a.m. - 2:00 p.m. in the Eastside Wellness Center gym. To register: <https://rcblood.org/2MkuRWm>
- **Friendly Reminders:**
 - Wear your boots, walk slowly and keep in mind that stairs, walkways and parking lots may be slippery.
 - If you sustain a work injury please notify your HR office within 24 hours. Early intervention is the way to go for a speedy recovery!
 - Eastside and Bangor Wellness Centers are open 6AM to 6PM Monday thru Thursday and until 2PM on Friday's.

Independent Labs & Imaging: If you need a lab test or imaging service, you can use any independent lab or imaging facility in Maine and not pay a copay or deductible. It's easy to look for a lab or facility that's close to you. Just login at anthem.com, select Find a Doctor and follow the steps to search for a facility or lab. Please call the Member Services number on the back of your ID card for the most up-to-date listing of all independent locations.

The At Home Infusion Program is a Specialty Rx program with Anthem for (non-cancer) infusion services provided at no cost!



Questions? Contact the Office of Employee Health and Benefits at (207)624-7380 or visit www.maine.gov/bhr/oeh

LOOKING FORWARD

Ringling In the New Year!

Bicentennial Events

David Cheever Presents:
Ready or Not - Statehood
Comes to Maine:
Jan 19th, 2:00-3:30 p.m.
Camden Public Library

Winter in the Woods at
Wolfe's Neck Woods State
Park:
Jan 19th, 2:00-3:00 p.m.

Animal Tracking on
Snowshoes at Wolfe's Neck
Woods State Park:
Jan 25-26th, 2:00-3:00 p.m.

Maine's Mid-Century
Moment
A string of events throughout
the state
Jan 28, all day
www.uma.edu/midcentury/

A Colonial Family on the
Frontier and the Arnold
March to Quebec:
Jan 30th, 6:30-8:00 p.m.
Gardiner Public Library

Holding Up the Sky:
Wabanaki People, Culture,
History & Art
Feb 1st, 10:00 a.m.-5:00 p.m.
Maine Historical Society

www.maine200.org/calendar



2020 Census

2020 is the year of another Decennial Census! Beginning in mid-March, make sure you are counted in order to ensure your community receives the representation and funding you deserve! In fiscal year 2016, Maine received over \$4 billion in federal funding as a result of the census. New this year, you can participate in the 2020 Census online or by phone, or you can still participate by mail. Visit maine.gov/ccs or 2020census.gov to learn more.

There are many job openings that need to be filled for the 2020 Census! Apply at www.census.gov/jobs

#FeatureFriday on Facebook

Are you someone, or know someone, who would like to be featured on the BHR Facebook page? We have a #FeatureFriday campaign where we recognize a state government employee every Friday to raise awareness about the types of jobs and people in State Government. Please email Meghan.Jellison@maine.gov with any interest and like/share our Facebook posts from the Maine Bureau of Human Resources page! Click below to visit our social media channels.

